

SOLDIERS' & FAMILY MEMBERS' DEPLOYMENT GUIDE

Fort Benning, Georgia
www.benning.army.mil



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PROUD OF YOU...HERE FOR YOU!

Dear Soldiers and family members:

The entire Fort Benning community is proud of our Soldiers and their family members. My wife, Candy, and I want to thank all of you for the incredible challenges, sacrifices, and hardships that you endure in the service of our country. We are especially appreciative of those who have had to face multiple separations. We recognize that deployments have an impact on the entire family, so we are equally grateful to the spouses, children, and Soldiers of each military family.

As we witness daily how Soldiers apply their training, pride, and commitment to the success of each mission, we are also mindful of the important contributions made by spouses who struggle to manage the household. Their care for the children, paying the bills, and providing encouragement and support to their Soldiers in the field provides the kind of homefront strength every Soldier needs to fulfill his mission well. We are sensitive to the strain placed on wives and children who must adapt to the stress of missing and worrying about their husbands, moms, and dads.

This handbook provides helpful information and a summary of the resources available to family members, Family Readiness Group leaders, and Rear Detachment Commanders as we work together to help Soldiers more safely and effectively concentrate on their missions.

All phases of the deployment cycle are very challenging, but they also give us opportunities to grow stronger by working together as we cope with the stresses of separation. Your service and sacrifices are making important contributions to the global war on terrorism. Please be assured that all commanders and support personnel will do their very best to assist you in every possible way.



WALTER WOJDAKOWSKI

Major General, USA

Commanding

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UNDERSTANDING THE DEPLOYMENT CYCLE

From the anticipation of predeployment—to the joy and relief of reunion (with all its trials of adjustment in reintegration)—the deployment cycle impacts Soldiers and family members in many ways. The deployment cycle can create many stresses and conflicts as families struggle to balance their responsibilities between family and unit. Understanding the deployment cycle can produce personal growth and stronger relationships through achieving common goals. Planning and communication are key in this process. The following information will help you plan your deployment process by presenting many of the problematic issues of duty separation. You will find many suggestions in this handbook for handling these issues. Discuss them with your spouse or partner and children as your deployment time nears.

Predeployment

When a deployment is announced it creates a lot of pressure to get many things done in a very short amount of time. Suddenly, house repairs, the budget, resolving any marriage conflicts, talking with the children about Mom or Dad going away, and just spending time together (alone and with the family) become very important matters.

In the unit there will be demands for special training, packing equipment, and seemingly endless administrative processing. With all of these responsibilities and tasks competing for your time, it will be easy to feel overwhelmed and irritated.

Initial Phase

The initial phase of the deployment cycle is a good time to set the stage for working and growing stronger together, individually, and as a family. It is during this time that families often discover and express the hurt feelings and disappointments produced by the sacrifice of military service. Any hard feelings, even insults that may surface during this time, can be dealt with. Understanding the source of the conflict, the deployment (not you or yours) will allow you to work things out. Through planning and knowledge, these struggles and hardships can become a source of strength and pride. So this is the time, during the initial phase of deployment, that you can work through any problems by remembering that the *situation* is the problem, and that people working together are the *solution*.

Have you sponsored your spouse / siblings / parents
with an AKO email account?
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Deployment

Both Soldiers and family members struggle during deployment to become accustomed to the loneliness of separation, and in many ways their day-to-day worlds become very different.

Agree to adjust. Soldiers live in primitive conditions and work long hours. After a while their days all look the same because they have no time off, weekends, or holidays. They're constantly on guard against the threats to their safety. Many feel isolated and alienated by the reality of combat experiences. They often keep things to themselves in their desire to protect loved ones from the horrors of war. Soldiers also wonder and worry about the wellbeing of their loved ones back home. They feel frustrated in their inability to directly do something about the troubles their spouses and children may be having.

Spouses at home struggle to handle the increased work load of managing the household, paying bills, and caring for children. They sometimes have to work outside of the home to make ends meet. Every day they hear and see news reports that renew their fears of death or casualty notification. They can also feel overwhelmed by their extra responsibilities. They want someone to vent to, but they don't want to burden their Soldier with things that "can't be changed anyway."

Pay special attention to the children. Children naturally miss their mom or dad, and can be upset by the changes in routine and structure. Because they lack the verbal skills to express their feelings, they often *act out* rather than *talk out* their feelings. Look for discipline problems or a decline in their school performance.

Communication can become easily strained under these conditions, and Soldiers and spouses can lose track of what each family member is really going through. It is therefore very important that every deployment family find its own way to keep communication open. It helps when family members talk about what they want, need, and expect from each other. To prevent feeling personally rejected or ignored, each family member should let the others know what topics they want to discuss, and which ones they want to avoid. It should also be made clear that avoided subjects are chosen on the basis of avoiding the subject itself, not any person connected with it.

R & R

Leave may be granted for a brief time of rest during a deployment period. This time of rest and relaxation can seem like both a blessing and a curse. It's often anticipated with idealized expectations as a blissful and carefree time. The reality, however, is R & R can be complicated by the stresses of long distance travel, time zone changes, jet lag, and the specter of a second painful separation.

Don't try to do too much. It is important during R & R to avoid trying to do too much. Time spent just lounging at home may be more beneficial than rushing to go sightseeing, and eating at restaurants, spending more money than you can actually afford. It's also important to set limits with well meaning parents and relatives or friends who want to see you. Making time for yourself, your spouse, and your children will probably be about as much as you can manage.

Pre-existing family or marital problems probably can't be completely resolved during the short time that you have for R & R. So it might be best to let intense conflicts stay on the back burner while home. **Concentrate on the pleasures of being safe and free to just enjoy each other's company.** While the loneliness of deployment may have increased sexual desire, it's important to give yourself permission to be somewhat uncomfortable and reestablish sexual intimacy gradually. It is especially helpful to discuss with loved ones your hopes and expectations for R & R. This can prevent a lot of disappointments, misunderstandings, and hurt feelings.

Reunion

The initial joys and relief of reunion are quickly tempered by the stresses of adjusting to a new environment (which can seem like an entirely new world).

Work together to "let go". For Soldiers, the most frequent and obviously difficult aspect of adjusting during reunion is letting go of the lingering effects of combat. It is common to have trouble stopping the habits that were important to survival while deployed. After a year of deployment it's normal to feel nervous when driving past a pile of debris on the highway, scanning the rooftops, or reflexively reaching for your rifle when leaving the car. Being easily startled by loud noises, trouble with sleep, feeling uncomfortable in crowds, and positioning yourself with your back to the wall are also quite common. Another frequently encountered problem is recurring vivid memories of causing and receiving casualties. In some cases the tragedies of deployment can cause extreme depression that may even include thoughts of suicide or violence to others. In most instances these reactions fade over time when the troubled Soldier comes to terms with the many extreme experiences he or she witnessed.

Seek help if necessary. If these reactions continue to happen every day for several weeks or even months, it is important to seek help to prevent

the development of chronic posttraumatic stress disorder. Many sources of confidential assistance (listed in this handbook) are available for you.

Take time to talk. It's also normal during reunion for family members to have difficulty communicating and interacting. It may take time for every family member to become comfortable being around each other again on a daily basis.

Pay attention to the children's emotions and reactions. Depending on their age, children can have a variety of reactions to their parent's return. Infants and toddlers may react with fear and anxiety as if the Soldier is a stranger. Elementary school children can become insecure and demanding of attention. They may even act out subconscious anger over feeling abandoned. Teenagers often pretend indifference and act like nothing is bothering them, when in fact, they might be having a range of hurtful, negative feelings. Children are also likely to worry that they will be punished for misbehaving while the Soldier was away. A good principle to follow is to be open and available, while allowing children to get used to you at their own pace. It helps to spend time with children individually and together as a group.

Take time to know one another again. A particularly delicate area of concern during the early part of reunion can be the resumption of sexual intimacy. Many couples are surprised to find out that reunion is very much like dating and getting to know each other all over again. This is especially true if there were conflicts in the relationship before deployment. Therefore, the early part of the reunion can be a good time to reexamine and renew your commitment to each other.

Reintegration

The first several weeks after returning home may seem relatively calm and free of major distress or conflicts compared to the succeeding months. This is when a number of previously unrecognized problems are likely to surface.

Anticipate difficulties. You, the Soldier, may encounter difficulties finding the motivation to resume working and training when the pace and urgency of deployment is no longer present. You may miss the intense bonds formed during deployment when friends are transferred to other units or leave the service completely. Unit reorganization may result in conflicts with new superiors or less experienced fellow Soldiers. It may be hard to obey or cooperate with people that you don't yet trust absolutely. Not long after your reunion you may be transferred to a new unit that redeploys to a combat area. The stress of multiple deployments is a relatively new challenge that Soldiers and families are facing.

Time to adapt. At home it is common for husbands and wives to need time for role and responsibility renegotiation. Soldiers can be exhausted from the prolonged hardships of deployment. They may seem withdrawn and disinterested in family activities or household chores. Spouses who stayed behind may be fatigued from having single-handedly managed the

responsibilities of parenting and taking care of the house. He or she may have eagerly waited for the day when their Soldier would return to take over, or to at least help with all of the things they had to do on their own. But the Soldier may be in “shut down mode” when he or she returns.

Other marriages may experience conflict that is the exact opposite of the situation described above. When a non-deployed spouse does well during the time they are on their own, the returning Soldier may worry that he or she is no longer needed. The non-deployed spouse might feel proud of their accomplishments, and may be reluctant to relinquish new found independence and authority on issues such as budgeting and parenting.

Children. One of the most common sources of conflict in marriage is disagreement on parenting and disciplining children. This is particularly true when the parenting partnership is disrupted by the separation of deployment. To cope with the stress of deployment, the spouse who stayed behind may have become either more lax or strict with the children. Likewise, the returning Soldier may have changed his or her priorities and ideas about what is important in life. He or she may have a more lenient or more flexible attitude toward misbehavior and discipline. Children will also be testing the limits to see what will and won't be allowed once Mom or Dad is home. Establishing consistency and cooperation in parenting is one of the most critical tasks that your family will face throughout the deployment cycle.

Each family situation will be unique. While each family situation will be unique, learning to share responsibilities and power will be an important part of the reintegration process. Remain open to discussing your differences and conflicts at home and at work. Try your best to make reintegration a cooperative process that feels more like *dancing* than *wrestling*.

Work to stay flexible. Do your best to stay relaxed and flexible throughout the reunion process. Accept change as an inevitable part of life, and an opportunity for growth. Let the process happen gradually. Don't try to change too much too soon. Each person and family has to find their own best way to handle the deployment cycle. Deployments are difficult to manage, and no one has found a way to do it perfectly. So always feel free to ask for help from any of the resources listed in this handbook. They are here to help you adjust to a healthy, happy life.

☺ **STAY CONNECTED** ☺

**Have you sponsored your spouse / siblings / parents
with an AKO email account?**

www.us.army.mil

DEPLOYMENT TIPS

☺ STAY INFORMED ☺

SOLDIERS—

Do your spouse / siblings / parents know who your Rear Detachment Commander is?

Do they know how to contact your Rear Detachment Commander?

Tips on Being Prepared and Strengthening Family Ties During Deployment

As Soldiers prepare to deploy and leave, military families may experience:

- ❖ Denial, shock, disbelief, and numbness.
- ❖ Anger, frustration with preparation demands, guilty feelings about the spouse's departure, and resentment of the military, spouse, and job.
- ❖ Guilt for not saying or doing more before deployment (the children may even feel they caused the departure).
- ❖ Depression, intense sadness, fatigue, loss of appetite, and withdrawal from routine.
- ❖ Acceptance, realizing and accepting the situation, resolving to continue on positively, confidence in handling day-to-day living, awareness of increased self-esteem and personal abilities.

Knowing these feelings are normal can help families cope. The stages occur in a universal order. However, a number of causes can trigger setbacks to previous stages. Individual situations and types of deployment can influence the intensity and duration of each stage.

Heroes at Home

Ellie Kay, a military wife who moved eleven times in 13 years and had 5 children in 7 years, gives personal advice in her book, Heroes at Home. According to Mrs. Kay, there are four valuable qualities needed to experience success during deployment. They are: a strong sense of **family**, a sense of **adventure**, the ability to develop **courage** in a variety of challenges, and a keen sense of **humor**.

Four Important Qualities

(from Heroes at Home, by Ellie Kay)

**Family
Adventure**

**Courage
Humor**

Additional ways to prepare for the deployment process include the following.

Things for the Soldier to Remember

- (1) **Assist your family members** (spouses, partners, and children) **to network with military support.** Become involved with your unit's FRG (Family Readiness Group). Be sure your spouse or partner knows your Rear Detachment Commander. This will keep them informed about your unit, locations, duties, and expected time of redeployment. Gather medical, financial, legal, and social services information from available resources on post that may be used by your spouse, partner, or children.
- (2) **Assist your family members** (spouses, partners, and children) **to network with non-military support** such as off-post churches, recreational groups, parent groups, and school groups. This will provide them with an additional support system that can help deal with daily stress and take their mind off the deployment for at least some of the day.
- (3) **Encourage them to accept initial support from others.** Understand that as time continues, this support may decline as others return to their active daily lives. Let others know what your family may need while you are deployed.
- (4) **Consider legal and financial issues.** Get your wills and powers of attorney in order. Be sure your spouse or partner's name is on any vehicle or house loans and any banking accounts. This will help prevent unnecessary legal or financial problems. Be sure your health insurance information is up to date and that your insurance cards remain safe and handy. Be sure your family members are enrolled in DEERS and that their ID cards are up to date and available.
- (5) **Assist your spouse or partner to develop a realistic budget with an objective party** (you may want to contact Financial Readiness Services through Army Community Service). Be sure to include *fun monies* as well as *emergency monies*. This will reduce the chance of financial hardships and unnecessary financial stress.

- (6) **Have car maintenance completed before deploying.** Teach your spouse or partner the basics of car maintenance or inform them of where they can have services provided. Write this information down and put it in a secure location.
- (7) **Have home repairs completed before deploying.** Check your smoke detector and home security (locks, systems). Teach your spouse or partner the basics of home maintenance or inform them of where they can have services provided. Write this information down and put it in a secure location.
- (8) **Be sure to schedule play time for you and your spouse or partner before the deployment.** Also schedule play time with your children.
- (9) **Mend any old issues before deployment.** These can include issues between you and your spouse or partner, and even extended family members.
- (10) **Don't burn bridges.** You never know when the tables may turn and you or your family may need assistance from another person.
- (11) **Help your spouse or partner organize their family schedule.** Include the children. Evaluate what is necessary and what can be adjusted before deployment.
- (12) **Plan with each of your family members (immediate and extended family) how to stay in touch with you.** Allow for personal preferences of your family members. Some may prefer letters, others drawings, others emails or phone calls. Provide each loved one with a recent photo or videotape of you to enjoy during the deployment.

Things for Spouses or Partners to Remember

- (1) **Network with military support.** Become involved with your unit's FRG (Family Readiness Group). Know your Soldier's Rear Detachment Commander. This will keep you informed on your Soldier's locations, duties, and expected time of redeployment. Gather available medical, financial, legal, and social services resources on post that may be used by you and your family.
- (2) **Network with non-military support.** Become involved with interest groups such as off-post churches, recreational groups, parent groups, and school groups. This will provide you with an additional support system that can help deal with daily stress and take your mind off the deployment for at least some of the day.

- (3) **Accept initial support from others.** Understand that as time continues, this support may decline as others return to their active daily lives. Let others know what you need.
- (4) **Be sure to pay attention to your physical, emotional, nutritional, and sleep needs.** Take care of yourself and don't try to do everything yourself.
- (5) **Consider legal and financial issues.** Get your wills and powers of attorney in order. Be sure your name is on any vehicle or house loans and any banking accounts to prevent unnecessary legal or financial problems. Be sure your health insurance information is up to date and that your insurance cards remain safe and handy. Be sure that you and the children are enrolled in DEERS and that all ID cards are up to date and available. Locate and secure all birth, death, and marriage certificates, custody or child support papers, and social security cards.
- (6) **Develop a realistic budget with an objective party** (you may want to contact Financial Readiness Services through Army Community Service).
- (7) **Be sure to include *fun* monies as well as *emergency* monies.** This will reduce the chance of financial hardships and unnecessary financial stress.
- (8) **Learn the basics of car maintenance** or where services can be provided.
- (9) **Learn the basics of home maintenance** or where services can be provided.
- (10) **Be sure to schedule play time for you and your Soldier before the deployment.**
- (11) **Mend any old issues before deployment.** These can include issues between you and your Soldier, and even extended family members.
- (12) **Don't burn bridges.** You never know when the tables may be turned and you need assistance from another person.
- (13) **Become organized with your children's schedule.** Evaluate what is necessary and what can be adjusted before deployment.

- (14) **Plan with your Soldier and family members** (immediate and extended family) **how to stay in touch with your Soldier**. Allow for personal preferences of your Soldier and the family members. Some may prefer letters, others drawings, others emails or phone calls.
- (15) **If you have the time, consider volunteering your time on post**. This will help you stay involved with the military life (especially if you live off post) and give you a sense of empowerment and connection with your Soldier.

Ways to Assist Your Children With the Deployment Process

- (1) Explain the deployment process to your children, including:
 - (a) The estimated amount of time the Soldier will be deployed.
 - (b) How they will maintain communication with the Soldier (letters, emails, phone calls). Check out the following websites for more information:
 1. Dads at Distance: www.daads.com
 2. Moms over Miles: www.momsovermiles.com
 3. Couples: www.longdistancecouples.com
 4. Parenting: www.parentsoup.com
- (2) Propose a schedule that will be in place during the Soldier's deployment.
- (3) Explain things that will remain the same, and any changes that may be necessary during the deployment (child care, transportation to school or practice). Keep changes to a minimum to provide as much stability for the children as possible.
- (4) Answer any additional questions the children may have. It may be necessary to address some issues separately with children of different age groups.
- (5) Provide each child with a recent photo, videotape, or other item of the Soldier's to keep them connected with the Soldier during the deployment.
- (6) Provide each child with age appropriate military handouts to help them understand and cope with the process ("Deployment Days" calendar, "Know What?" booklets, "The Military Family" booklet, "Your Buddy CJ" computer disc).
- (7) Allow your children to express their thoughts and feelings about the deployment. Give them permission to be fearful or angry about it.

This will encourage them to be honest with themselves and with you, and help them deal successfully with the whole process.

- (8) Connect your children with other military children who are also experiencing deployment. Encourage them to discuss the challenges and rewards of military life. Remind them of their current social support system and encourage them to use it. Ask them to discuss any concerns or frustrations they may have, and help them stay busy while their Soldier is deployed.
- (9) If living off post, inform school personnel that have direct involvement with your children about the deployment. Let them know the estimated time period of the deployment, and identify any additional support your children may need during this time.



Check out the following websites for more information:

Information for and about children:

www.thefamilycorner.com

www.redstone.army.mil/armyouth/atp.htm

www.areyouintoit.com

www.tckinteract.net/militarykids.html

www.bgca.org

Other Resources:

“Jody’s Daddy Is in the Army”, a storybook about Army families and how they cope with deployment (includes an accompanying activity book [Activity Book for Jody’s Daddy Is in the Army]). The Activity Book contains parent information and hands-on activities to help children manage preparation, deployment, and reunion. See ACS for these and other children’s workbooks.

Finally, get as prepared as possible, but also prepare for the unexpected with the above tips. If and when the unexpected occurs, you will have the resources on hand to deal with them smoothly and effectively.




Feelings and Behaviors that Affect the Family's Adjustment to Parent Absence: PREDEPLOYMENT	
Any combination of these FEELINGS	Could lead to any of these BEHAVIORS
PARENTS:	
Resentment Anger Guilt Frustration Anxiousness Sadness	Arguing to distance/to express anger Soldier withholds notice to deploy until last minute Lack of adequate preparation due to denial Emotional and physical withdrawal
PRESCHOOL CHILDREN:	
Confusion Surprise Guilt during magical thinking period	Clinging Irritability Sadness Increase of attention-seeking behavior (+ and -)
ELEMENTARY CHILDREN:	
Sadness Anger Separation anxiety Guilt during early latency May feel cause of parent's departure (even if discussed) Feels lonely before Soldier leaves	Behavior problems Regressive behaviors Angry outbursts mixed with clinging
ADOLESCENT CHILDREN:	
Sadness Fear of parent's rejection Denial of feelings Anger	Aloofness, don't-care attitude (arguing as defense against closeness or expression of anger) Friends take on increased value
















Source: Hooah 4 Health Deployment Guide

Understanding Stress

Sources of Stress

-  Any event good or bad that you must adjust to
 - ✓ Graduation
 - ✓ Marriage
 - ✓ Deployment
 - ✓ Reunion

Symptoms of Stress

-  Sleep - Getting and staying asleep
-  Interests - Nothing seems worthwhile
-  Guilt - Self-doubt, blame, hopeless, helplessness
-  Energy - Fatigue
-  Concentration and memory problems
-  Appetite - Unintended weight change
-  Immobility - Sitting and standing
-  Suicide - Urge to get away and end the stress
-  Avoiding things or people
-  Numbing emotionally
-  Startling easily
-  Restlessness
-  Irritability
-  Fearfulness
-  Symptoms of shock

Understanding Stress

Negative Coping Strategies

- ✦ Nervous eating
- ✦ Spending sprees
- ✦ Gambling
- ✦ Drugs and alcohol
- ✦ Dangerous, reckless, thrill seeking - risk taking
- ✦ Getting into fights

Positive Coping Strategies

- ✦ Healthy behaviors
- ✦ Sleep
- ✦ Nutrition
- ✦ Exercise
- ✦ Limit TV news
- ✦ Have friends and be around people
- ✦ Talk or write about it
- ✦ Practice relaxation

Understanding Depression

Internal Sources

- ✚ Genetics - Family history of depression
- ✚ Personal history of depression or postpartum depression
- ✚ Negative self-image
- ✚ Negative self-talk
- ✚ Internal anxiety - Worrying a lot

External Sources








- ✚ Victim to or witness of a traumatic event
- ✚ Loss of loved one(s) or meaningful possessions/lifestyle/career
- ✚ Separation from loved one(s)
- ✚ Long-term, chronic stress
- ✚ Poor health or chronic illness
- ✚ Overwhelmed with circumstances

Symptoms of Depression










- ✚ Feelings of guilt, self-doubt, blame, confusion, fearfulness, anger, irritability or restlessness (unable to sit still) numbness, shock, helplessness, hopelessness, possibly even suicide
- ✚ Decrease in overall energy levels, possibly even exhaustion
- ✚ Difficulty concentrating and/or remembering even the most minute things to the most important things
- ✚ Increase illness due to a decreased immune system
- ✚ Uncontrollable or unexplainable crying spells
- ✚ Actual physical pains and discomfort - muscle and joint aches, nerve pain

Understanding Depression

Negative Coping Strategies

-  Neglecting your health
-  Neglecting your responsibilities - quitting your job, abandoning your family, etc.
-  Going on spending sprees
-  Gambling
-  Using or overusing drugs and alcohol
-  Doing dangerous or reckless activities
-  Getting into fights

Positive Coping Strategies

-  Sleep
-  Nutrition
-  Exercise
-  Practice relaxation (prayer, music, movies, humor, sitting quietly 15 min a day, gardening, others...)
-  Limiting exposure to TV news and other negative sources
-  Re-engaging in quality time with family and friends
-  Spending time out in the community where there are other people around
-  Talking or writing about it
-  Courageously asking for help for yourself or another in need

What can Military OneSource do for you?



Real help, Anytime, Anywhere 24 Hours a Day, 7 Days a Week: Services are private and provided by the Department of Defense at no cost to you.

CONSULTATION, RESEARCH and REFERRALS: Relocating to a new community, need child care, spouse employment, help with home repairs, or have a special needs issue? We will provide a customized response. There is no question too small. No issue too big.

INTERPRETATION AND TRANSLATION: In more than 140 languages! Written documents can be translated and interpreters can facilitate three-way phone calls to ensure communication between you and a third party.

COUNSELING: Counselors are available in your community. You have access to six (6) in-person non-medical counseling sessions per issue with a licensed counselor. Counselors can help with issues such as:

- Coping with deployment and return.
- Adjusting to your new location.
- Bi-cultural issues.
- Marital and couples concerns.
- Parenting and family matters.
- Grief and loss.
- Normal reactions to abnormal situations (e.g. combat).
- Stress management and more.

You will get a privacy statement explaining the limits on confidentiality when you call the service and see the counselor. **Counseling is available in the United States.**

Educational Materials: Whether you're home sick, dealing with relationship issues, managing stress, or buying your first car, Military OneSource has booklets, CDs, and audiotapes to assist you. Order today. Materials will be mailed at no cost to you.

Interactive Website: Prepare and file your federal and state tax returns by following the link to TurboTax® through the Military OneSource home page. Look for brief videos of consultants addressing common issues such as communicating as a couple, budgeting, and managing anger. Other features include, locators for education, child care, elder care, online articles, referrals to military and community resources, financial calculators, search by topic, live online workshops, and "Email a consultant."

Military OneSource extends the existing military family support system for Active Duty, National Guard, and Army Reserve and their families (regardless of activation status).

www.militaryonesource.com

Stateside: 1-800-342-9647
En español llame al 1-877-888-0727
TTY/TDD accessible 1-866-607-6794

Overseas: access code,*800-3429-6477
*Use access code before dialing the toll free number.

Access codes can be found online.

Collect from outside the US: 484-530-5908
Dial the international operator first.



ARMY COMMUNITY SERVICE CENTER

→ Information & Referral 706-545-4043 / 2449 ←

FAMILY ADVOCACY PROGRAM (FAP)

(Let Family Advocacy help put the pieces back together again)

FAP provides the following:

- ❖ Crisis Intervention
- ❖ New Parent Support/First Steps Program
- ❖ Respite Care
- ❖ Parental Stress Relief Program
- ❖ Victim Advocacy
- ❖ Community Resources
- ❖ Education Materials
- ❖ Marriage Retreats

For more information, please contact Family Advocacy at 706-545-4013/7594. Located in building 241 Baltzell Avenue (next to the Infantry Museum).

Respite Care: Respite Care is temporary child care for the purpose of relieving parental stress and to provide a nurturing and developmental appropriate environment for children. Each situation is evaluated on a case by case basis by the FAP family advocate who will need to speak directly with the family requesting the service. Families may receive Respite Care when attending:

- ❖ Parenting Classes
- ❖ Individual/Couples Counseling
- ❖ Support Groups

Or when in need of a stress break due to a family crisis, deployment, or reunion.

No cost to the families. POC is **Theresa Sanchez, 706-545-4013.**

Parental Stress Relief Program: The Family Advocacy Program provides this service that is designed to provide stress relief to couples prior to deployment; and as part of the reunion/reintegration process after deployment. FAP contracts with Child and Youth Services' (CYS) Tot Town Child Development Center to provide free child Respite Care once a month for mom/dad's night out during and after deployment to promote

positive healthy families. You may contact your Family Readiness Group (FRG) leader to learn more about dates for this event.

No cost to the families. POC is **Rebecca Welch**, Family Advocacy Program Manager, **706-545-0892**.

The Family Advocacy New Parent Support Program: This program provides emotional support, parenting education, and referrals to community resources to help develop healthy family relationships and reduce the risk of child abuse/neglect. Each mom and dad receives a tote bag filled with education materials including, a First Steps calendar with developmental milestones, and a nursery rhyme CD that is medically proven to be very effective for soothing newborns. **This program is especially beneficial to spouses as a support or crisis intervention resource during deployments and reunions.**

POC is **Carolyn Harris**, FAP New Parent Support Coordinator, **706-544-2020**. Located 3rd floor Martin Army Community Hospital.

VICTIM ADVOCACY: Through the Family Advocacy Program, victim advocates will:

- ❖ Provide assistance and liaison to and for victims of domestic violence.
- ❖ Make referrals to Social Work Service for evaluation and counseling for the victim.
- ❖ Provide emotional support and information on safety, financial, and legal resources available through both military and civilian agencies.

IMPORTANT PHONE NUMBERS









Fort Benning Victim Advocate Coordinator:	706-545-4013/7594
Fort Benning Military Police:	706-545-5222
Fort Benning Social Work Service:	706-545-1661
Fort Benning Chaplain's Family Life Center:	706-545-1760
Hope Harbour, Columbus Shelter:	706-324-3850
Crisis Center of Russell County:	334-297-4401
National Domestic Violence Hotline:	1-800-799-SAFE
Military One Source:	1-800-342-9647

REMEMBER, YOU ARE NOT ALONE!



Soldier and Family Life Consultants—

Provide confidential support to Soldiers and family members on a variety of difficult issues including:

-  **Predeployment planning**
-  **Relationship conflicts**
-  **Separation and loneliness**
-  **Parenting and discipline**
-  **Stress and anger management**
-  **Grief, trauma, fear, and loss**
-  **Reunion, reintegration, adjustment**
-  **Recognizing combat stress**

Our role is to provide short-term intervention, education, and skill building. All services are voluntary, free, and confidential. No records are kept. No information is released.*

For additional information or to schedule an appointment call:
706-566-1033 (cell) or 706-545-2158 (office)

You can find us in Soldiers Plaza Building 2624 or we can come to a location where you are comfortable.

*Except in cases of child abuse, domestic violence, or when a person is a danger to self or others.

FINANCIAL READINESS PROGRAM

Financial Readiness offers the following:

- ❖ Financial counseling/education.
- ❖ Consumer information.
- ❖ Assistance with credit problems.
- ❖ **Financial planning for deployments and transitions.**
- ❖ Financial subsistence supplemental allowance (FSSA screening).
- ❖ Seasonal volunteer income tax assistance (VITA).

Located in building 2624 Soldiers Plaza, phone 706-545-7517/4043.

ARMY EMERGENCY RELIEF (AER)

Army Emergency Relief assistance may be provided for:

- ❖ Non-receipt of pay.
- ❖ Loss of funds.
- ❖ Medical, dental, and hospital expenses.
- ❖ Funeral expenses.
- ❖ Rent or mortgage payments.
- ❖ Utilities.
- ❖ POV repair.
- ❖ Food voucher assistance may be received for emergencies.
- ❖ Spouse must have a power of attorney to receive AER assistance.

Located in building 2624, phone 706-545-7517/4043

After hours / weekends call the staff duty officer at 706-545-2218

EMPLOYMENT READINESS PROGRAM

The Employment Readiness Program assists spouses and children of active and retired military, DoD civilians, veterans, and retirees with opportunities to seek employment on and off post. The weekly Job Vacancy List averages more than 650 openings each week. These jobs include civil service, non-appropriated fund, contract, and local businesses. This service is provided by a Job Strategy Workshop class held on scheduled Thursdays from 0830-1200. Following this class is an optional opportunity to meet with employment agencies and local businesses, and to obtain information on how to apply for each job listed in that week's Job Vacancy List.

Preregistration is required and application forms are available at Army Community Service, Building 2624, Soldiers' Plaza. For more information, contact Mark Mills, Employment Readiness Program Manager, Army Community Service, 706-545-4043.

VOLUNTEERISM

Volunteering is a great way to make new friends and stay busy while doing something you enjoy and being of service to the Fort Benning community. Even if you are not sure what type of volunteer work you would like to do, you can contact ACS to find out more about volunteering. 706-545-4043.

ARMY FAMILY TEAM BUILDING (AFTB) PROGRAM

AFTB is a training program designed to teach individuals and families how to be more independent with minimal outside support when their spouse deploys. There are three AFTB training tracks for family members, military, and civilian employees. All address the issue from an individual and leadership perspective. Topics include preparing one's own family for deployment, and building unit support networks and programs. Individuals may receive training on a voluntary basis through the AFTB Program (Levels I, II, or III), located in Building 2626, 2nd Floor, Soldiers' Plaza. 706-545-5377.



CHAPLAINS



Three Chaplain Predeployment Resources for You . . .

1. YOUR UNIT CHAPLAIN

Personal and Administrative Wisdom, Counsel, and Referral

2. YOUR CHAPLAIN FAMILY LIFE CENTER

Caring, Confidential, Professional Counseling

3. YOUR POST CHAPELS

Spiritual Inspiration, Motivation, and Replenishing Relationships for the Road Ahead

INSTALLATION	Post Chaplain's Office	706-2289 / 2288
	Family Life Chaplain & Counseling Center	706-545-1760
	Club Beyond Youth Director	706-545-2359
	After Hours On-Call Duty Chaplain	
FORSCOM	3^D Brigade, 3^D Infantry Division	706-544-3070 706-544-1692
	203D FSB, 3 ^D BDE	706-544-3216
	1/10 TH FA, 3 ^D BDE	706-544-2433 706-544-3070
	1/15 TH IN BN, 3 ^D BDE	706-544-2493
	1/30 TH IN, 3 ^D BDE	706-544-4789
	2/69 TH ARMOR, 3D BDE	706-544-2434 706-544-2883
	3 ^D BTB, 3 ^D ID	706-544-4698
	36TH Engineer Group	706-545-7688
	13 TH Corps Support Battalion	706-545-4616
USASOC	75TH Ranger Regiment	706-545-5685
	3 ^D Battalion, 75 TH Ranger Regiment	706-545-7200
TRADOC	30TH AG Reception Battalion	706-544-8294 706-544-9432
	Infantry Training Brigade	706-544-9458
	1/19 TH IN BN, ITB	706-544-9529
	1/50 TH IN BN, ITB	706-544-0102
	1/329 TH IN BN , ITB	706-544-9118
	2/58 TH IN, ITB	706-544-8153
	Basic Combat Training Brigade	706-544-9496
	1/38 TH IN, BCTB	706-544-8544
	2/47 TH IN, BCTB	706-544-8751
	2/54 TH IN, BCTB	706-544-9545
	29th Infantry Regiment	706-545-8628
	1/29 TH Infantry Regiment	706-544-6255
	CONUS Replacement Center (CRC)	706-544-7729 706-544-7723
	Medical Retention Center	706-544-1770
	11TH Infantry Regiment	706-545-3677
	3/11 TH Infantry Regiment	706-545-0375
	Ranger Training Brigade	706-544-6653
	US Army Infantry Center	706-544-3070 706-544-1692
	WHINSEC	706-545-4338
MEDCOM	Martin Army Community Hospital	706-544-3864
	14 TH Combat Support Hospital	706-545-3233 706-545-6787
RESERVE	641 ST ASG, DET 1	706-544-1677

1. YOUR CHAPLAIN FAMILY LIFE CENTER ***Caring, Confidential Professional Counseling***

THE CHAPLAIN FAMILY LIFE CENTER



HELP FOR YOUR JOURNEY

For information or for a confidential appointment call:

706-545-1760

Building 2606, Soldiers Plaza

Free, Confidential, Professional Pastoral Counseling

- * Departure / Deployment Stress
- * Individual Counseling
- * Children Counseling
- * Combat Stress / PTSD
- * Couple Counseling
- * Family Counseling



Support Groups

Want to connect with those who are going through the same thing?
Whether you're a Soldier or a spouse—experience the *power of together*.
Call 706-545-1760 for times and information for

*** Soldier Support Groups**

(Helping Soldiers prepare for deployment)

*** Spouse Support Groups**

(Helping spouses before and during deployment)

Single Soldier & Couple Predeployment Retreats

*(*Scheduled through your unit chaplain)*

TIP! How to Have a GOOD, Good-Bye!

Bottom Line:

***Do Whatever You Have to Do
to Leave on a Positive Note !***

Amidst the tension and turmoil that any deployment brings,
make room for:

Tender Touch

Gentle, caring, non-sexual touch is what most women want and need
now.

Meaningful Communication

Ask your spouse what the top three things are that you can do for her/him
before you leave . . . then follow through. Be positive. Agree on how
often you'll write.

Romantic Bonding

Make a time, away from the frenzy, for only the two of you. Have a "Great
Date" — share your hopes and dreams for when you return.

Security

The last thing your mate hears should be your iron-clad decision to love
him or her only, and how much he or she means to you.

Practical Tips . . .

- Try not to leave any major unfinished business or chores at home.
- Take care of your will, family care plan, insurance records, etc. BEFORE the crisis (find “How to Prepare for Separation” topic).
- Carve out a time (a day, an hour, 15 minutes, whatever the timetable allows) to bring all the family together for a family party or memorable activity. Make it fun for everyone! Make a memory! Take pictures!
- Children do as well as Mom and Dad do. If you’re whining and weak, they’ll follow suit. If you’re positive and upbeat, they will be too!
- Always leave a love letter and picture for your mate. Be positive and make sure to express your LOVE and COMMITMENT.

TIP! How to Grow Love Across the Miles **Be intentional about growing your love**

I. Agree on Your Iron-Clad Commitments to Each Other Before Leaving. How often do you agree to write/call/email? What relationships/situations with the opposite sex are out of bounds? Will you or won’t you be exclusively devoted to each other? Renew your vows. (See your chaplain!)

II. Court Your Lover All Over Again. Use the separation to win his / her love all over again. Love has to be watered perpetually, or it withers.... Absence *can* make the heart grow fonder, but you must invest energy like you did at the beginning!

III. Communicate! Communicate! Communicate! Staying in touch and sharing your thoughts, feelings, hopes, and dreams is the lifeblood to your love. Do it even when you don’t feel like it. Here’s some tested tips:

- Use cards, letters, video, email, fax, poetry...whatever you can!
- Do encourage, inspire and thank perpetually!!! Stay positive!
- Don’t discourage, complain, or nag — it’s a relationship killer.
- Show an interest in what he/she is doing. Ask questions.
- Restate your commitment. Promise your fidelity. Expect the same.
- Share your dreams together for the future.
- Don’t interrogate — insecurity is unattractive and drives others away.
- Tell how you’ve grown and encourage your partner to do the same.
- Share lessons you’ve learned and ask him/her to do the same.

Relationship Dynamic Scale

(PREP, Inc)

Please answer each of the following questions in terms of your relationship with your mate if married or your partner if dating or engaged. We recommend that you answer these questions by yourself (not with your partner).

Use the following 3 point scale to rate how often you and your mate experience the following:

1= Almost never or never

2=Once in a while

3=Frequently

**Please respond privately, we do not recommend sharing answers to the questions with your mate at this point, only the total score.*

- | | | | |
|---|---|---|--|
| 1 | 2 | 3 | Little arguments escalate into ugly fights with accusations, criticisms, name calling, or bring up past hurts. |
| 1 | 2 | 3 | My partner criticizes or belittles my opinions, feelings, or desires |
| 1 | 2 | 3 | My partner seems to view my words or actions more negatively than I mean them to be. |
| 1 | 2 | 3 | When we have a problem to solve, it is like we are on opposite teams. |
| 1 | 2 | 3 | I hold back from telling my partner what I really think and feel. |
| 1 | 2 | 3 | I think seriously about what it would be like to date or marry someone else. |
| 1 | 2 | 3 | I feel lonely in this relationship. |
| 1 | 2 | 3 | When we argue, one of us withdraws . . . That is, doesn't want to talk about it anymore or leaves the scene. |

Scoring the Relationship Dynamic Scale...

8 to 12 “Green Light”

If you scored in the 8 - 12 range, your relationship is probably in good or even great shape at THIS TIME, but we emphasize "at THIS TIME" because relationships don't stand still. There is no need to stop, but it is probably a great time to work on making your relationship all it can be and to **prevent** problems in the future.

13 to 17 “Yellow Light”

If you scored in the 13 - 17 range, it's like you are coming to a “yellow light.” You need to be cautious. While you may be happy now in your relationship, your score reveals warning signs of patterns you don't want to let get worse. You'll want to be taking action to protect and improve what you have.

18 to 24 “Red Light”

Finally, if you scored in the 18 - 24 range, it's like approaching a red light. Stop, and think about where the two of you are headed. Your score indicates the presence of patterns that could put your relationship at significant risk. It is important to stop and learn ways to improve your relationship now!

YOUR POST CHAPELS

Spiritual Inspiration, Motivation, And Replenishing Relationships For The Road Ahead

Over 29 different services of various faiths and traditions take place weekly in 13 different chapel facilities across the Ft. Benning community. For more information on how your needs can best be met, feel free to call the post chaplain's office at 706-545-2288. They will gladly provide you with a description of weekly services, their locations, and times. You may also refer to weekly information contained in Fort Benning's newspaper, *The Bayonet*.



Suicide Risk Factor and Warning Signs

Warning Signs

- Marked change in appearance, personality change, and social withdrawal.
- Perceived loss/end of marriage/relationship.
- Alcohol/drug abuse.
- History of self-destructive behavior.
- Person is divorced or separated.
- Perceived loss/end of military career.
- History of suicidal gestures.
- Sudden purchases of firearms/weapons.
- History of suicidal family/friends.
- Involvement in a love triangle.
- Pending legal problems.

What To Do

Provide **AID**

Ask. Don't be afraid to ask, "Are you thinking about hurting yourself?"

Intervene immediately.

Don't keep it a secret.

Follow the acronym **LIFE**:

Locate Help—

Inform: Chain of command of the situation.

Find: Someone to stay with the person – **Don't leave the person alone.**

Expedite: Get help immediately. A suicidal person needs immediate attention by helpers

DURING DUTY HOURS

(0800 – 1700)

UNIT CHAPLAINS

Department of Mental Health
(706) 544-3590

Department of Psychiatry
(706) 544-3690

Civilian Counseling Services
(706) 545-1138 / 4415
Emergency - 911

AFTER DUTY HOURS

(1701 – 0759)

Emergency Room, MACH
(706) 544-1502

Duty Chaplain – (706) 545-2218
Emergency – 911

OFF POST HOURS

(24 Hours)

Military One Source – (800) 464-8107
24-Hour Help Line – (706) 327-3999
Police Emergency – 911

PERSONAL SAFETY

Follow these tips whether your spouse is home or not. Suddenly changing the way you conduct your home and yourself could advertise your spouse's absence.

- Do Not tell people your spouse is gone.
- Do Not discuss your spouse's absence in public, even with friends, because someone with ill intent may overhear you.
- When someone calls on the phone and asks for your spouse, NEVER tell the caller your spouse is not home. Tell the caller that your spouse can't come to the phone right now and offer to take a message.
- Keep emergency phone numbers and your address by all the phones in your home. (Emergency telephone numbers can be found at the back of this book. Place them by your telephone.)
- Always lock your doors and windows, draw the shades at night, and leave a few lights on.
- Whenever possible leave lights on inside and outside.
- Have a deadbolt lock and safety chain installed. A deadbolt is the most secure type of door lock. (NOTE: A safety chain is NOT adequate protection in case someone tries to force a door open.)
- Never open your door even a crack for anyone uninvited or unexpected. Use a peephole. If they claim it's an emergency, make the phone call for them.
- Do not allow salespeople, repair people, delivery people, or any stranger into your home when you are alone. If you're expecting one, have another person with you and call the company when the employee arrives.
- If you aren't certain someone else may have keys to your home, have the locks changed (consider previous tenants and their friends or neighbors with extra keys).
- Discontinue paper delivery if you will be away. Ask the local post office to hold your mail until you return.
- Instruct children, family, and babysitters not to give out information about who is home, who is out, or for how long.
- Do Not leave extra keys hidden outside your home. They are too easily found.
- Keep your doors locked at home when you are not there and when you are in it.
- Most burglars and intruders enter homes through OPEN doors or windows, or doors and windows that are easily jimmied.
- If you notice stranger(s) loitering in your neighborhood, notify the police. Include a time, place, and a description of the stranger(s).

- To discourage burglars, have items (such as televisions, stereos, and cameras) engraved with your name. Check with your local police for more information and current recommendations about engraving.
- If you suspect your home has been broken into, DO NOT go in. Call the police from a neighbor's home.
- Do Not go places alone, especially at night. Use the buddy system.
- Do Not bring in your mail, newspaper, or gather clothing in from your line after dark
- When going to your car have your keys in your hand.
- Look under the car as you approach it.
- Look inside the car before you put the keys in the door.
- Once inside the car, lock all doors immediately.
- If the car breaks down put up the hood, turn on the emergency flashers, and stay in the car with the windows up and doors locked.
- If some stops to help, give him or her a phone number to call.
- If you travel, consider owning a cell phone.
- If someone hits your car from the rear, don't get out of the car in an unsafe place. Instead, go to a well-lit populated area. If you have a cell phone - use it.
- While walking, keep your head up and your eyes open. Being aware of what is going on around you is your best defense.
- Do Not go shopping at night.
- Change your daily route and stay out of obviously bad areas.
- If you think someone is following you, cross to the other side of the street and change your route to a well-lit populated area. If you're driving, go to a police station.
- Stay well away from bushes, parked cars, alleyways, beggars, and bums.
- When you go anywhere, ask yourself, "What would I do if I were attacked right now?" **Be prepared!!**

PAY & ALLOWANCES

1. PURPOSE

To provide commanders and Soldiers with information on pay related issues that may affect their pay if deployed. Actual entitlements would vary based on the specifics of the deployment.

2. ENTITLEMENTS

Per Diem: Each Soldier is entitled to receive a daily incidental per diem of \$3.50/day OCONUS or \$3.00/day CONUS effective 1 October 03. Soldiers will receive the entire per diem once they complete a final travel settlement voucher (DD Form 1351-2) at their home station upon re-deployment. ALL travel vouchers MUST be submitted with orders and reviewer's signature, if not it will be returned.

Hardship Duty Pay-Location (HDP-L): Enlisted and officers deployed in an area designated by the Secretary of Defense as HDP-L, are entitled to HDP-L. This entitlement is payable on a daily basis. It begins on the day of arrival in country and stops the day of departure. Rates are \$50.00, \$100.00 or \$150.00 and are based on location. The entitlement starts on the 31st day and retroactive to the first day of eligibility.

Family Separation Allowance (FSA): Married Soldiers and single Soldiers with primary physical custody of a child are entitled to FSA-T when separated from their dependents for more than 30 days. A member married to another member with no dependents is entitled to FSA, provided the couple resided together prior to the deployment (only one member is entitled if both are deployed). FSA is payable at \$250 per month (\$8.33 per day). It begins the day of departure from home station and stops the day prior to arrival at the home station. (DD 1561) The entitlement starts on the 31st day of separation and is retroactive to the first day of eligibility.

Hostile Fire/Imminent Danger Pay (HF/IDP): This entitlement begins the day of arrival and ends the month of departure from a designated HFP location. It is payable at \$225 a month. Soldiers present for duty, in any of the designated areas for one day during the month, are authorized the entire \$225 for that month.

Combat Zone Tax Exclusion (CZTE): All enlisted Soldiers and warrant officers present for duty in any of the designated areas for one or

more days are exempt from federal and states taxes for the entire month. Commissioned officers are also exempt from federal and states tax, limited to the maximum enlisted pay per month (the SMA base pay plus \$225 for HFP/IDP).

(Note - Soldiers have 180 days after redeployment to file federal income taxes. Write "OEF/OIF from [start date] to [end date]" at the top of your return to avoid a late fee or penalty.)

Basic Allowance for Subsistence (BAS): BAS continues for all Soldiers receiving this allowance prior to deployment. Soldiers receiving Partial BAS at their permanent duty station will be authorized BAS for the length of their deployment. BAS is payable at \$272.29 per month for enlisted members and \$187.49 for officers.

Basic Allowance for Housing (BAH): A Soldier's BAH is based on his/her duty station, moving dependents while deployed will not change BAH. Unless the orders state otherwise, the SM's BAH will stay at the Ft Benning's rate if a Soldier elects to move dependents. Soldiers receiving BAH without dependents can elect to store HHG at the government's expense or at their own expense. The SM would retain their BAH at the without dependants rate. Soldiers assigned to single-type quarters continue receiving partial BAH.

Reenlistment Bonus: If the reenlistment contract awarding a bonus is signed while in the CZTE area, the bonus and anniversary payments are exempt from federal tax. Anniversary payments for a reenlistment signed outside the CZTE area will remain taxable even if paid in the CZTE area.

Accrued Leave: Leave sold by enlisted member in the CZITE area, whether earned in that area or not, is tax exempt.

Special Leave Accrual (SLA): SLA allows Soldiers to carry forward up to 90 days of leave at the end of the fiscal year (60 days ordinary leave plus 30 days Special Leave Accrual). USAREUR units may submit units requests for SLA. Military members who received HFP during the FY will have up to three years to use the use/lose leave they recover at the end of the. Refer to AR 600-8-10.

Savings Deposit Program (SDP): Soldiers may deposit funds up to the monthly non-allotted pay and allowances (maximum amount that can be deposited is \$10,000) at the local finance office. It earns interest 10% per annum, compounded quarterly at 2.5% and is taxable. To withdraw funds, submit written request with your name, social security number, branch of service, stop and start date of tour, amount of deposit

and all Cash Collection Vouchers (DD Forms 1131). Mail to DFAS-CL, ATTN: Code FMCS, 1240 E. 9th Street, Cleveland, OH 44199-2055 or call number is 1-800-624-7368 or email CCL-SDP@dfas.mil. Eligibility for SDP stops on the day of departure and interest will stop accruing after 90 days.

3. MY PAY

View, print and make pay changes to your Federal Tax, Direct Deposit, LES, address, TSP, Allotments, Bonds and setup a Restricted Access PIN for significant others. For more information go to <https://mypay.dfas.mil>

4. ADDITIONAL INFORMATION

- If a spouse has a general power of attorney, he/she can get an LES or a W2 from the Finance office. If the spouse has a special power of attorney, it must state all financial transactions they can perform: stop, start or change allotments, start BAH entitlement, change banking information, and/or contribute to the savings deposit program by starting an allotment or a cash contribution to disbursing on a cash collection voucher.

- Travel Pay – Interactive Voice Response System (IVRS)
888-332-7366 or DSN 699-0300
- TSP Toll Free 877-968-7338
- Retroactive R&R Reimbursement for travel 25 Sep 03 – 19 Dec 03.
Six years to file for the reimbursement.

Submit DD 1351-2 to:

DFAS-IN, Contingency Travel Operations
Dept 3900, ATTN: R&R Leave
8899 East 56th St.
Indianapolis, IN 46249-3900.
Inquires - dfas-inr&rleave@dfas.mil

Points of Contact at—

AC Pay Entitlements DMPO – Fort Benning, Georgia

MAJ Cole, DMPO Chief
(706) 545 – 1438
anthony.s.cole@benning.army.mil

CPT Johnson, CSI OIC
(706) 545 – 7207
alicia.j.johnson@benning.army.mil

MEDICAL PROCESSING

Martin Army Community Hospital

Maintaining your health today is essential to deploying healthy tomorrow.

Before learning of a deployment, you should always keep your assigned health care provider aware of all medical problems that you have, seek care to resolve those problems. Then, when your deployment is confirmed, inform your health care provider (HCP). Later, within 30 days of deploying and during your medical processing, a predeployment health assessment will be conducted to ensure you are still healthy. The results of this assessment are placed in your deployment health records. This record is stored in your deployment medical records.

If you feel stressed or are experiencing problems adjusting to a deployment, contact your unit leadership or primary care manager. What you are experiencing is not unique. There are many people who have experienced stress of one kind or the other when deploying. Contact your clinic or chaplain for more information. Also reference the section of stress in this handbook.

Deploying DA civilians go through the same process to confirm they are physically and mentally ready to deploy. All concerns should be addressed with their primary care manager.

MEDDAC Information Desk – 706-544-2041/2042

CARE MANAGER PROGRAM

**** SUPPORT THROUGHOUT THE DEPLOYMENT CYCLE ****

CARE MANAGERS

-BILL SWEENEY:	Room 903, MACH: 706-544-2054
-BOYCE FIELDS:	TMC #3, Building 9052: 706-544-4760
-ALISA HASSINGER:	TMC #3, Building 9052: 706-544-2255
-AMY SELLERS:	Building 2625: 706-545-1661

Here is a list of some of the services Care Managers offer:

- Crisis counseling.
- Client advocacy and case referral.
- V.A. coordination.

- Support for families before and after deployments.
- Educational classes or briefings on a variety of deployment issues.

Other Services offered:

- Support and education on stress management.
- Information that addresses PTSD symptoms.
- Sleep hygiene assistance.
- Anger management education.
- Knowledge on relaxation techniques.
- Depression reduction techniques.
- Work with the systems on post to assure that Soldiers and families receive assistance that is responsive to their individual needs.
- Decrease pre and post deployment hardships.
- Link Soldiers with services both on and off post.
- Other benefits from the Care Manager Program.



Martin Army Community Hospital

STAFF JUDGE ADVOCATE

The following information provides commanders and Soldiers with legal information on powers of attorney, wills, the Servicemembers Civil Relief Act, the Uniformed Services Employment and Reemployment Rights Act, income taxes, and claims. This information is intended to provide a broad overview of legal matters that may be affected by deployment. If you need legal advice regarding any of these matters, please contact the Fort Benning Legal Assistance Office (706) 545-3281 and/or Claims office (706) 545-2285.

Powers of Attorney

A power of attorney (POA) is a legal document commonly used by a Soldier to authorize another person to act on his or her behalf. Basically, the power of attorney gives someone else you authorize the ability to sign for you. That signature will have the same legally binding effect as if you personally signed.

While you may give a power of attorney to someone to represent you, a business does not have to accept the power of attorney and may require you to be present to conduct your business. Check with your bank and other businesses before deploying to determine if they will honor a power of attorney.

There are two different types of powers of attorney: general, and special.

A general power of attorney gives the person named in the document the right to do anything on your behalf (buy a house in your name, take out a loan, withdraw money from your bank account, sell your car). A general power of attorney is not recommended in all cases because of the power it gives someone to act on your behalf. If a power of attorney is only needed for one particular purpose, you should choose to give a special power of attorney.

A special power of attorney is limited in power and gives someone the right to do one or more specified acts (give a person the authority to ship your household goods, sign for government quarters). If you want someone to do one specific thing, a special power of attorney is often a better choice than giving a general power of attorney.

Because of the power that comes with a power of attorney, you should only give one to a trusted family member or spouse.

Wills

A will is a legal document that indicates who you want to receive your property in the event of your death. A will can also be used to indicate the person you would like to serve as guardian of your minor children (if any). Although a judge is not required to follow the guardianship wishes you express in a will, your wishes are generally followed unless there is a good reason not to place your children with the person you have named. It is especially important to have a will if you have minor children, or if you don't want your property to be distributed according to your state's law of intestate succession (i.e., dying without a will).

Wills generally don't have expiration dates, but circumstances can change. So you should review your will periodically to ensure it reflects your wishes. Also check the beneficiary designations for your insurance proceeds to make sure everything is up-to-date.

Servicemembers Civil Relief Act (SCRA)

The Servicemembers Civil Relief Act (SCRA) is a federal law that gives all military members some important rights as they enter active duty. It covers such issues as rental agreements, security deposits, prepaid rent, eviction, installment contracts, credit card interest rates, mortgage interest rates, mortgage foreclosure, civil judicial proceedings, and income tax payments. It also provides many important protections to military members while on active duty. The SCRA protects active duty military members and reservists or members of the National Guard called to active duty (starting on the date active duty orders are received), and in limited situations, dependents of military members (certain eviction actions).

To receive protection under some parts of the SCRA, the member must be prepared to show that military service has had a "material effect" on the legal or financial matter involved. Protection under the SCRA must be requested during the member's military duty or within 30 to 180 days after military service ends, depending on the protection being requested.

In many situations, SCRA protections are not automatic, but require some action to invoke the Act. For example, to obtain a reduction of your pre-active duty mortgage or credit card interest rates, you should send your lender/creditor a written request and copy of your mobilization orders.

On the next page are brief summaries of select provisions of the SCRA that protect Soldiers.

The Six Percent Rule - The ability to reduce pre-service consumer debt and mortgage interest rates to 6% under certain circumstances

Delay of Court and Administrative Proceedings - Permits active duty servicemembers who are unable to appear in a court or administrative proceeding due to their military duties to postpone the proceeding. Postponement can delay a mandatory minimum of 90 days upon the servicemember's request.

Termination of Leases - The SCRA allows termination of leases by active duty servicemembers who subsequently receive orders for a permanent change of station (PCS) or a deployment for a period of 90 or more days.

Eviction for Nonpayment of Rent - Although the SCRA does not excuse Soldiers from paying rent, it does afford some relief if military service makes payment difficult.

Default Judgment Protection - If a default judgment is entered against a servicemember during his or her active duty service, or within 60 days thereafter, the SCRA allows the servicemember to reopen that default judgment and set it aside.

Life Insurance Protection - The SCRA also permits the servicemember to request deferment of certain commercial life insurance premiums and other payments for the period of military service and two years thereafter.

State Taxation Clarification - The SCRA provides that a nonresident servicemember's military income and personal property are not subject to state taxation if the servicemember is present in the state due to military orders. The state is also prohibited from using the military pay of these nonresident servicemembers to increase the state income tax of the spouse.

Health Insurance Reinstatement - The SCRA further provides for the reinstatement of any health insurance upon termination or release from service. The insurance must have been in effect before such service commenced and terminated during the period of military service.

Uniformed Services Employment and Reemployment Rights Act (USERRA)

The Uniformed Services Employment and Reemployment Rights Act (USERRA) provides reemployment protection and other benefits for veterans and employees who perform military service. It clarifies the rights and responsibilities of National Guard and Reserve members, as well as their civilian employers. It applies almost universally to all employers—including the federal government—regardless of the size of their business.

Under USERRA, if a military member leaves his civilian job for service in the uniformed services, he or she is entitled to return to that job, with accrued seniority, provided he or she meets the law's eligibility criteria. USERRA applies to voluntary as well as involuntary service, in peacetime and wartime. The law applies to virtually all civilian employers including, the federal government, state and local governments, and private employers—regardless of size.

In order to have reemployment rights following a period of service in the uniformed services, a military member must meet five eligibility criteria:

1. You must have held a civilian job.
2. You must have informed your employer that you were leaving the job for service in the uniformed services.
3. The period of service must not have exceeded five years.
4. You must have been released from service under "honorable conditions."
5. You must have reported back to your civilian employer in a timely manner or have submitted a timely application for reemployment.

If you have a problem with your employer, you can contact Employer Support for the Guard and Reserve (1-800-336-4590).

Income Tax Issues

Members of the Armed Forces who serve in a combat zone (CZ), a qualified hazardous duty area (QHDA), or in direct support of a CZ or QHDA are eligible for certain federal tax benefits.

CZ/QHDA tax entitlements include:

1. **Excludable income.** Enlisted Soldiers and warrant officers may exclude from their gross income all compensation received during the months spent in a CZ/QHDA. Commissioned officers may exclude up to the highest rate of basic pay for the most senior enlisted member of the Armed Forces, plus the amount of hostile fire or imminent danger pay for

each month. For 2006, commissioned officers may exclude up to \$6,724.50 for each month in which the officer spends part of the month in a CZ/QHDA.

2. Filing extension. Soldiers in a CZ/QHDA have an extension to file their federal income tax returns and pay their taxes. The extension is 180 days plus the number of days the Soldier was in the CZ/HQDA during the normal tax filing period (1 January through 15 April). The extension begins on the day after the Soldier leaves the CZ/QHDA. Soldiers who use this extension don't pay interest on the amounts owed to the Internal Revenue Service (IRS), and will receive interest from the IRS if they are entitled to a refund. Soldiers who qualify for this extension must clearly write "Combat Zone Taxpayer" across the top of their tax return. Department of the Army civilians who perform services as part of a qualifying operation serving overseas and are deployed away from their permanent duty station also qualify for extension. Numerous states follow the federal rules and offer military personnel income exclusions and filing extensions. Check with your nearest Legal Assistance Office or servicing Tax Center for information specific to your state.

If you wish to notify the IRS regarding your deployment in advance, contact the IRS at the following e-mail address: combatzone@irs.gov

If you contact the IRS via e-mail, you should provide your name, stateside address, date of birth, and date of deployment to the combat zone, but do not include any Social Security numbers. This notification to the IRS can be made by the taxpayer, spouse, or authorized agent or representative. Because the IRS will not provide tax account information via e-mail, they will send responses to questions about the taxpayer's account by regular mail to the taxpayer's address on record.

Claims

Claimants have seventy (70) days to notify moving or storage companies of damage. Damage to POVs must be noted at the time of delivery. Because of the time-sensitive nature of filing claims, please contact the Claims Division of the Office of the Staff Judge Advocate as soon as possible before deploying.

Filing a claim for damage to household goods requires several forms. First, claimants must complete the DD Form 1840/R, Notice of Damage to Household Goods, which gives notice to the moving or storage company that the damage has occurred. Soldiers have seventy (70) days to deliver this form to the claims office in order to provide notice. Failure to deliver this form to the claims office within seventy (70) days can reduce the amount payable for the claim. Soldiers have two (2) years from the time of delivery to file the other forms. These include the DD Form 1842, the

claim form, and the DD Form 1844, an item-by-item description of the damage and amount claimed. Claimants may also need to provide receipts, estimates of repair, or other documents.

Filing a claim for damage to a POV requires notification of the damage on DD Form 788. This form is an inspection sheet for the vehicle that must be completed before leaving the vehicle checkpoint. A thorough inspection is important because damage not noted on the DD Form 788 at the time of delivery often can't be paid. If a claimant discovers damage after taking possession of the vehicle, he or she should immediately return to the vehicle checkpoint and note the damage on DD Form 788. Once damage has been noted, the claimant has two years to complete DD Form 1842, DD Form 1844, and any other forms the claims office may require. Expedient filing is recommended.

Soldiers can always file a claim even if they do not have sufficient information or documentation at the time they file. Each claim receives individual consideration.

The Savings Deposit Program

The Savings Deposit Program (SDP) was established to provide members of the Uniformed Services a place to deposit money for savings purposes. Unlike the Thrift-Savings Plan, SDP is available only to those serving in designated combat zones.

SDP allows military members deployed in combat zones to deposit all or part of their un-allotted pay into a DoD savings account up to \$10,000.00. Interest accrues on the account at an annual rate of 10% (per Executive Order 11298) and compounds quarterly.

Although Federal income earned in hazardous duty zones is tax-free, interest accrued on earnings deposited into the SDP is taxable. Members can designate the allotment amount in \$5 increments (\$115, not \$113).

Who Is Eligible?

Servicemembers must be receiving Hostile Fire/Imminent Danger Pay (HFP/IDP) and serving in a designated combat zone or in direct support of a combat zone for more than 30 consecutive days, or for at least one day for each of three consecutive months. Currently all the countries involved in Operation Enduring Freedom/Iraqi Freedom are designated SDP areas including, Iraq, Afghanistan, and virtually the entire Persian Gulf region.

How Does a Servicemember Make a Deposit?

Servicemembers use the program by making deposits with their servicing finance battalion. Servicemembers may begin making deposits on their

31st consecutive day in the designated area. Eligibility to make deposits terminates on the date of departure from theater. Active duty members may make deposits by cash, personal check, traveler's check, money order, or allotment. Reserve component members may make deposits by cash, personal check, or money order only. Standing policies regarding personal check acceptance and regulatory restrictions regarding number and type of allotments apply.

Can a Servicemember Designate Someone Else to Make Deposits?

Yes. An agent may make a deposit using a [special power of attorney](#). The special power of attorney must reflect the action the agent is attempting. If starting a SDP allotment he/she must give authority to start, stop, or change allotments. If depositing cash, traveler's check, or money order he/she must give authority to receive treasury checks and/or make deposits. Agents may not deposit personal checks on behalf of a service member.

How Does Interest Accrue?

Deposited funds will accrue interest at 10% per annum, compounded quarterly, based on calendar year. Interest only accrues on amounts up to \$10,000 (principal and accrued interest combined). Eligibility for SDP stops on the day of departure. However, interest will continue to accrue up to 90 days after redeployment. If the servicemember requests withdrawal of funds prior to the 90th day, interest stops on the date of request. Since the IRS considers SDP interest unearned income, the interest is taxable even though the Soldier is located in a combat zone tax exempt (CZTE) area.

How Does a Servicemember Make a Withdrawal?

Deposits may be discontinued at any time. Generally, withdrawals may only be made upon termination of eligibility for the program. Withdrawals of this type must be for the entire sum of the deposit account. Defense Finance & Accounting Service (DFAS) will post the SDP balance of active component members to their Leave and Earnings Statement (LES). To receive funds, mail or fax a written request to the address below. Include the following: name, social security number, branch of service, component (active or reserve), start and stop date of tour in eligible area, and amount requested. Active duty members will automatically receive their payment via electronic funds transfer (EFT) to the same account as their normal monthly pay. Contact: DFAS- Cleveland Center (DFAS-CL), ATTN: Code FMAA, 1240 East 9th St. Cleveland, OH 44199-2055. Questions regarding SDP withdrawal requests should be directed to the following phone numbers: Toll Free (stateside only) **1-800-624-7368**

PUBLIC AFFAIRS OFFICE

DEALING WITH THE MEDIA

Within established guidelines, it is our responsibility to talk to the media (and subsequently, the public). Leaders and Soldiers who refuse to talk to the media give the impression that they're withholding information.

When dealing with the news media, remember:

_ **DO** protect classified information and preserve operational security. **Avoid making statements relating to exact numbers and locations of troops and equipment, ongoing or future operations, and rules of engagement.**

_ **DO** "stay in your lane." Talk about your job, responsibilities, and other matters within your expertise and control. Avoid speculating and answering "what if" questions.

_ **DO** talk about the things you will miss and what you look forward to when you return.

_ **DO** talk about how the deployment may affect your family and friends. A majority of the stories covered by the media will deal with the family. You may want to talk about the support you receive from family and friends during your deployment. Give them plenty of credit.

_ **DO** remember that all discussions with reporters are "on the record" — so if you don't want to read it in the paper or hear it on TV, don't say it.

_ **DO** Keep your answers clear and relevant, and use examples that are easily understood. Avoid using jargon and acronyms. Be honest, open, and forthright. If you don't know the answer to a question, simply say, "I don't know." If a question is classified, simply tell the reporter so.

_ **DO** think about your response before you answer—you don't have to answer immediately.

_ **DON'T** let the reporter put words in your mouth. Don't repeat their "buzz words." You don't have to accept his/her facts or figures as the truth.

_ **DON'T** confiscate film, audio/video tapes, or reporters' notes if classified or sensitive information is inadvertently released. Report the incident by the quickest means possible to the unit commander or public affairs officer.

_ **DON'T** be afraid to ask a reporter to repeat a question. If you have any questions or concerns about dealing with the media, contact the Fort Benning Public Affairs Office at 706-545-3512/545-2237/545-2211.

! BLOGGERS BEWARE !

TERRORISTS CAN READ YOUR WEBSITES

DON'T COMPROMISE OUR SOLDIERS' SAFETY

BE CAREFUL WHAT YOU POST!

PERSONAL PROPERTY

SUBJECT: Delivery of Personal Property from Government Deployment Storage During Reintegration and Thereafter.

1. BOTTOM LINE: Redeploying Soldiers shall request personal property delivery through their Rear Detachment Commander (RDC) while still deployed or at the Personal Property Servicing Office (PPSO), upon return from deployment.

2. RETRIEVAL PROCEDURES:

a. If possible, no less than seven days prior to estimated return to home station, the deployed unit commander notifies the RDC. The RDC must be able to identify and validate the names, unit, social security numbers, and delivery addresses (including building # and room #) of Soldiers in need of personal property delivery upon return from deployment.

b. The RDC schedules delivery of personal property through the PPSO, **Bldg 6, Rm 105, 545-4900**, on behalf of the deployed Soldier no less than five working days prior to actual arrival date. Doing this expedites the process and ensures that the Soldier's personal property is available for use shortly after he/she arrives home. The RDC is responsible for ensuring the Soldier or individual acting on behalf of the Soldier is present at the delivery location on the day of delivery until delivery is made.

c. If advance notification is unmanageable, the Soldier should personally make personal property delivery arrangements with the PPSO as soon as possible following arrival at home station. This could also be arranged by RDC in order to save the returning Soldier reintegration time.

d. If a delivery request is made upon the day of arrival at home station, the PPSO will schedule the delivery appointment with the contractor and notify the Soldier within 48 hours of the date. The Soldier or individual acting on behalf of the Soldier must be present at the delivery location the day of delivery until delivery is made.

e. The Soldier should note any missing items or damages to personal property on the DD 1840 provided by the contractor. Soldiers have 75 days from receipt of personal property to file a DD Form 1840R with the SJA claims office.

HOUSING



Pinnacle is a new generation of military housing. We are proud to be a part of the Fort Benning family by offering through the Villages of Benning our high standard of customer service and professional staff.

Pinnacle partnered with the government at Fort Benning on January 1, 2006 to provide the military and their families with quality housing that provides luxurious, convenient location. Pinnacle provides multi-family living at its best.

Pinnacle at Fort Benning offers many amenities for our military families, including:

- 24 hour maintenance.
- Great schools (including predevelopment schools).
- Great playgrounds.
- Lawn care and trash/bulk pickup.
- On-post activities and private events.
- Shopping and entertainment.

So much is at your reach without leaving the comforts of your military facility.

There is a management office in each neighborhood to serve you and your family. The Pinnacle team looks forward to our future together with you. Refer to the following contacts to reach your neighborhood office.

The Villages of Benning Leasing Center: 706-685-3939

Maintenance Requests and after hours emergencies: 706-685-3929

McGraw: 706-685-3935 or McGraw@benningfamilyhousing.com

Custer/Upatoi: 706-685-3930 or CusterUpatoi@benningfamilyhousing.com

East Main Post/Perkins/McDonald/Norton: 706-685-3925 or
EastMainPost@benningfamilyhousing.com

Indianhead: 706-685-3933 or IndianHead@benningfamilyhousing.com

Davis/Bouton: 706-685-3940 or DavisBouton@benningfamilyhousing.com

FBFC Welcome Center: 706-685-3939

Residential Communities liaison office: 706-545-3803

Make Pinnacle on-post housing your home where you can relax—
knowing you are at home with our company!



Morale, Welfare, and Recreation

In support of our deploying Soldiers and their families, MWR provides a variety of programs and services that are listed below.

Deployed POV Storage at the Outdoor Recreation Lot

1. STORAGE OF PRIVATELY OWNED VEHICLES (POV) AT THE OUTDOOR RECREATION STORAGE FACILITY: Facility is located at 1707 Gillespie Street directly behind the Wynsong Theater. Normal hours of operation are M-F 0900-1700, Sat 0830-1130. Closed Sundays & holidays. Phone numbers are 706-545-7978 or 706-545-7048.

2. BOTTOM LINE: The facility has gated access and is lighted to provide an improved level of security. Single Soldiers can store their POVs at government expense. Married Soldiers can store their vehicles at their own expense. MWR will start deployed Soldiers vehicles on a monthly basis if requested. This is at no additional cost.

3. PLACEMENT PROCEDURES:

a. Deployments are defined as any individual or unit deployed in support of Army operations or any major training events conducted away from the installation for a period of at least 30 days.

b. Deploying Soldiers will receive a POV deployment packet from their unit. This packet contains all information need to store a vehicle on the Outdoor Recreation Lot.

c. Vehicle must be registered on Fort Benning.

d. Vehicle has current state license.

e. Proof of current insurance.

f. Valuables must be removed from the vehicle.

Recreation Kits for Deploying Units

Deploying units may request recreation kits to take with them as they deploy to ensure recreation activities are available for Soldiers. Kits include items such as board games; outdoor sports recreation kits; softball recreation kits; big screen TV with slide projection system (Theater in a Box); electronic game kits; messenger kits; paperback book kits; and exercise cords. Pictures below show the type of kits that may be available. For more information, the unit MWR representative should contact the Chief of the Community Recreation Division, MWR, Bldg 2783 Eckel Street, 706-545-1248.



MWR Programs and Services

Families of deployed Soldiers are encouraged to visit our MWR facilities and participate in MWR programs and services. Some activities offers special programs for deployed family members as well as the regular programs offered everyday. MWR also hosts many community and family events throughout the year. A description of MWR activities and services for families of deployed Soldiers, and a list of planned activities with dates are provided on the following page.

MWR information can be found year round on the Fort Benning MWR website (www.benningmwr.com) and in the MWR bimonthly newsletter *On the Go*. We also have an FRG newsletter published bimonthly that is available through the unit Family Readiness Group Liaison.

Child Care Services

Child care services will be provided in support of deployment activities as outlined below. Coordination for these services is handled through the unit FRG Liaison and Child and Youth Services (CYS).

1. Care Card—Five hours of free child care per child per month as long as the Soldier is deployed. Child care will be provided at the Tot Town Child Development Center. Reservations are required and the children must be registered with CYS. Cards must be picked up at Tot Town by the FRG Representative and distributed through the FRG. Questions may be directed to Tot Town at (706) 689-8698.

2. Child care services for deployment briefings, FRG meetings, and other deployment related functions can be provided during a unit deployment. Coordination will be made through the FRG representative and Child and Youth Services (CYS) Outreach Services Coordinator at (706) 545-2079.

3. Spouse's Night Out—Sponsored by the Family Advocacy Program, child care is provided at Tot Town Child Development Center one night each month during deployment. Children don't have to be registered with CYS, but must complete a Special Opening Registration form. Reservations must be made through the FRG Liaison.

Sayers Library

The Sayers Library on main post offers numerous programs that are attractive to families of deployed Soldiers. Services include PCs for email and Internet use, and story hours for toddlers through preschoolers. The library also offers family fun activities such as story character visits, basket weaving, scrap booking, book signings, and discussion groups. For more information, contact the Sayers Librarian at 706 545-8932.



Auto Skills Center

Just a reminder that the MWR Auto Skills Center has the following services available. FRGs may coordinate instructional classes for spouses by contacting the facility manager at 706-545-2337.

- ✓ Free automobile inspection – especially good before long distance trips.
- ✓ Reasonable repair services.
- ✓ Wrecker/towing services.
- ✓ Instructional classes on automobile maintenance.



Log Cabin at Uchee Creek



Briant Wells Fitness Center



Auto Skills Center

MWR SPECIAL EVENTS



MWR hosts many community and family events. Below is a list of planned activities throughout the year. Many of these are free or provided at a discount. Look for more information in the MWR newsletter and *The Bayonet*, on the MWR website, flyers, bulletins, and billboards.

Easter Eggstravaganza.....	April
Luau at Uchee Creek.....	May
Independence Day Celebration.....	June
Soldier Show.....	August
Army Concert.....	September
Oktoberfest.....	October
Santa at Riverside.....	December

Other MWR facilities, programs, and activities available throughout the year:

- ❖ Follow Me Golf Course
- ❖ Bowling Centers
- ❖ Officers' Club
- ❖ Benning Brew Pub
- ❖ Equipment Resource and Storage Office
- ❖ Uchee Creek Army Campground and Marina
- ❖ Destin Army Recreation Center in Destin, Florida
- ❖ Omega World Travel
- ❖ Briant Wells Fitness Center (includes aerobics)
- ❖ MWR Wellness Center (includes aerobics)
- ❖ Pins and Daubers Bingo Program (next to the Mall Bowling Center)
- ❖ After Hours Community Activity Center
- ❖ Middle School and Teen Center
- ❖ Child Development Centers (for full, part day, and hourly child care)

SCHOOL CONTACT INFORMATION

FORT BENNING SCHOOLS:

706-545-7276

webmaster.benning@am.dodea.edu

MUSCOGEE COUNTY SCHOOLS:

706-748-2222

RUSSELL COUNTY SCHOOLS:

334-298-8791

CHATTAHOOCHEE SCHOOLS:

706-989-3678

DoD RESOURCES

DEPARTMENT OF DEFENSE EDUCATION ACTIVITY (DoDEA)

Crisis planning including deployments.

www.odedodea.edu

Click on *Crisis* at the bottom of the page.

DoD DEPLOYMENT HEALTH SUPPORT

List of links to military resources online:

http://deploymentlink.osd.mil/deploy/family/family_support.shtml

DoD EDUCATIONAL OPPORTUNITIES DIRECTORATE

website is: www.militarystudent.org

There are two guidebooks on the website:

Part I: Educator's Guide to the Military Child During Deployment -
Parent's Guide to the Military Child During Deployment and Reunion

Part II: Educator's Guide to the Military Child During Post-Deployment -
Challenges of Family Reunion and Readjustment

FORT BENNING QUICK REFERENCE TELEPHONE GUIDE (B=Building Location)

AAFES	
Main PX (B-9230).....	706-687-0384
Mini-Mall (B-1711).....	706-682-0473
Florist (Mall PX, B-9230)	706-682-0814
ACAP (Army Career Alumni Program) — Job Assistance Center (B-2634)	
	706-545-2308
Army Community Service (B-2624)	706-545-4043
Administration Office	706-545-0601
Army Emergency Relief	706-545-2536
Army Family Team Building (B-2626).....	706-545-5377
Employment Readiness Program	706-545-4043
Exceptional Family Member Program	706-545-5521
Family Advocacy Program (B-241) (Respite)	706 545-0892
Family Assistance Center	1-866-540-9800
Financial Readiness/Utilities (B-2633).....	706-545-5516
First Steps Program (B-9200)	706-544-2020
Volunteer/FRG Coordinator.....	706-545-0601
Lending/Food Locker/Relocation (B-2629)	706-545-4485
American Red Cross (B-2626)	706-545-5194
Chaplains' Family Life Center	706-545-1760
Commissary (B-9230).....	706-544-3965
Directorate of Morale	
Welfare and Recreation Director (B-2783).....	706-545-1511
Business Operations Division	
Officers' Club (B-128)	706-687-8000
Benning Brew Pub (B-2784).....	706-687-1233
After Hours Community Activity Center (B-2502)	706-689-0887
Pins & Daubers/Bingo (B-9236)	706-544-1964
Mall Bowling Center (B-9232)	106-544-2233
Main Post Bowling Center (B-2785)	706-545-4272
Uchee Creek Campground.....	706-685-3060 x 200
Destin, FL Recreation Area (reservations).....	1-800-642-0466
Golf Course (B-390).....	706-687-1940
On-post Lodging (B-399)	706-689-0067
El Zapata (B-2784).....	706-689-9009
Subway (B-2502)	706-687-8274
Little Caesars (B-129).....	706-682-2799
Child and Youth Services (CYS) Division (B-2783)	
CYS Coordinator	706-545-3064

Central Registration (B-359)	706-545-9461
School Liaison Officer.....	706-545-3062
Youth Sports (B-359).....	706-545-3582
School Age Services (B-7)	706-545-3605
Teen/Middle School Program (B-1056).....	706-545-3070
Community Recreation Division (B-2783)	
Autoskills Center (B-111)	706-545-2337
BOSS Program Coordinator.....	706-544-2741
Outdoor Recreation/Equipment Rental	706-545-7978
Vehicle/Storage Units (B-1707)	706-545-7978/7048
Arcade (B-1685).....	706-545-8862
Laundromat/Car Wash (B-105).....	706-545-3398
Sand Hill Recreation Center (B-3308).....	706-544-9161
Kelley Hill Recreation Center (B-9079)	706-544-3079
CONUS Repl Cntr Rec Cntr.....	706-544-7060
Leisure Travel (Omega) (B-9230).....	706-685-1151
Library	706-545-8932
Fitness Centers	
Briant Wells (B-933).....	706-545-4726
Infantry Hall Fitness Center (B-4)	706-545-1435
Audie Murphy Fitness Center (B-2818).....	706-545-1940
Kefurt Fitness Center (B-9001)	706-544-4511
Outpost Harry (B-9079)	706-544-2149
Santiago Fitness Center (B-3350).....	706-544-9595
Directorate of Emergency Services	
Emergency Service.....	911
Main MP Desk	706-545-5222
Animal Control.....	706-545-5222
Fire	911
Rape Crisis Reporting	
MP Intervention	706-545-5222
Social Work Services MEDDAC	706-545-1661
Off-post Assistance	706-571-6010
Human Resources Directorate, AG (B-2604)	
Adjutant General	706-545-4002/1863
Army Substance Abuse Program (B-241).....	706-545-8362
Martin Army Hospital	
Information.....	706-544-2041
MEDDAC (B-9200)	706-544-2273
Pharmacy (MACH).....	706-544-1583
Information	
Fort Benning Information Operator.....	706-545-2011
Fort Benning Post Locator	706-545-5211/5217
Columbus Information (Help Line).....	706-327-3999

(Information on family problems, mental health, handicapped, youth and elderly, counseling, education, legal help, recreation, and rehabilitation.)

Staff Judge Advocate's Office (B-51)

Claims Section706-545-2285

(For legal assistance, call for appointment)706-545-3281

Housing

Off-post Housing 706-545-6610

Pinnacle (on-post housing).....706-685-3939

Travel

Official Travel (Carson Wagonlit)706-682-0622

Leisure Travel (Omega Travel)706-685-1151



Phone # 706-545-4043

INSTALLATION SERVICES	
Adjutant General (AG)	706-545-4002
AFEES	706-687-0384
American Red Cross.....	706-545-5194
Animal Control.....	706-545-5222
Army Community Service (ACS).....	706-545-4043
Army Family Team Building (AFTB).....	706-545-5377
Chaplain Family Life Center	706-545-1760
Children & Youth Services (CYS).....	706-545-9461
Commissary	706-544-3965
Finance (military)	706-545-3409
Housing	
On-Post Information	706-685-3939
On-Post Work Requests (24/7).....	706-685-3929
Off-Post Housing.....	706-545-6610
Legal Assistance	706-545-3281
Martin Army Community Hospital info	706-544-2041
Military One Source	1-800-342-9647
Morale, Welfare & Recreation (MWR).....	706-545-1511
Operator (Fort Benning)	706-545-2011
Schools	
Fort Benning.....	706-545-7276
Muscogee County.....	706-748-2000
Russell County (Alabama).....	334-298-8791
Chattahoochee County.....	706-989-3678
Shuttle Bus (Fort Benning).....	706-545-4516
Soldier & Family Life Consultants.....	706-566-1033
Storage (household items and vehicles).....	706-545-4900
TRI-CARE.....	706-544-1347
Visitor Center (Fort Benning)	706-544-9129

EMERGENCY / AFTER HOURS ASSISTANCE	
Army Emergency Relief	706-545-2218
Chaplain (on-call)	706-545-2218
CONTACT (help line)	706-327-3999
Housing Work Request	706-685-3929
Martin Army Hospital	706-544-2041
Police / Fire	911
Staff Duty Officer (SDO)	706-545-2218



Army Community Service

www.goacs.org

Family Readiness Group Resources

<http://FRG.army.mil>

<http://companycommand.army.mil>

Deployment Cycle Support

www.armyfamiliesonline.org

Military One Source

www.militaryonesource.com

US Army Wounded Warrior Program

www.armyfamiliesonline.org (click on Featured Content)

Tragedy Assistance Program (TAPS)

www.taps.org

Fort Benning

www.benning.army.mil